



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Hoffmann, Jan

Club: Timmenrode
Number: 594

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:28

Speed: 11.62 km/h
Running performance: 4:50 min/km

Rank in course/Total: 19 (of 147)

Rank in course/Men: 17 (of 90)

Best time in course: 37:03

Rank in category: 5(of 11)

Best time in the category: 39:16

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	23:09	5:38	5	3:37	18	4:24	4.10	23:09	5:38	5	3:37	18	4:24
Loddenke	2.20	9:18	4:13	5	1:42	20	4:43	6.30	32:27	5:09	5	5:19	19	27:52
Ilseburg/Markt	3.30	14:01	4:14	6	1:53	24	2:48	9.60	46:28	4:50	5	7:12	17	9:25